



## 1. Appreciation of Beauty & Excellence

TRANSCENDENCE

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.



## 2. Honesty

COURAGE

Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.



## 3. Love of Learning

WISDOM

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.



## 4. Gratitude

TRANSCENDENCE

Being aware of and thankful for the good things that happen; taking time to express thanks.



## 5. Kindness

HUMANITY

Doing favors and good deeds for others; helping them; taking care of them.



## 6. Love

HUMANITY

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.



## 7. Humor

TRANSCENDENCE

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.



## 8. Judgment

WISDOM

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.



## 9. Curiosity

WISDOM

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.



## 10. Self-Regulation

TEMPERANCE

Regulating what one feels and does; being disciplined; controlling one's impulses and emotions.



## 11. Teamwork

JUSTICE

Working well as a member of a group or team; being loyal to the group; doing one's share.



## 12. Fairness

JUSTICE

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.



## 13. Humility

TEMPERANCE

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.



## 14. Social Intelligence

HUMANITY

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.



## 15. Prudence

TEMPERANCE

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.



## 16. Creativity

WISDOM

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.



## 17. Perseverance

COURAGE

Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.



## 18. Hope

TRANSCENDENCE

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.



## 19. Perspective

WISDOM

Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.



## 20. Forgiveness

TEMPERANCE

Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.



## 21. Leadership

JUSTICE

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.



## 22. Zest

COURAGE

Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.



## 23. Spirituality

TRANSCENDENCE

Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.



## 24. Bravery

COURAGE

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

